

My Daily Food Plan

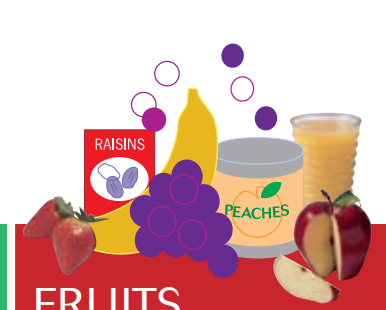
Based on the information you provided, this is your daily recommended amount for each food group.



GRAINS
7 ounces



VEGETABLES
3 cups



FRUITS
2 cups



DAIRY
3 cups



PROTEIN FOODS
6 ounces

Make half your grains whole

Aim for at least **3 1/2 ounces** of whole grains a day

Vary your veggies

Aim for these amounts **each week:**

Dark green veggies
= 2 cups

Red & orange veggies
= 6 cups

Beans & peas
= 2 cups

Starchy veggies
= 6 cups

Other veggies
= 5 cups

Focus on fruits

Eat a variety of fruit

Choose whole or cut-up fruits more often than fruit juice

Get your calcium-rich foods

Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories

Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products

Go lean with protein

Twice a week, make seafood the protein on your plate

Vary your protein routine—choose beans, peas, nuts, and seeds more often

Keep meat and poultry portions small and lean

Find your balance between food and physical activity

Be physically active for at least **150 minutes** each week.

Know your limits on fats, sugars, and sodium

Your allowance for oils is **6 teaspoons** a day.

Limit Calories from solid fats and added sugars to **270 Calories** a day.

Reduce sodium intake to less than **2300 mg** a day.







Your results are based on a 2200 Calorie pattern.

Name: _____

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.

My Daily Food Plan Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Food Choices for Today	Food Group	Tip	Based on a 2200 Calorie pattern. Your Goals Are:	Match Your Food Choices with Each Food Group	Estimate Your Total
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	 GRAINS	Make at least half your grains whole grains	7 ounce equivalents (1 ounce equivalent is about 1 slice bread; 1 ounce ready-to-eat cereal; or ½ cup cooked rice, pasta, or cereal)	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> ounce equivalents
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	 VEGETABLES	Aim for variety every day; pick vegetables from several subgroups: Dark green, red & orange, beans & peas, starchy, and other veggies	3 cups (1 cup is 1 cup raw or cooked vegetables, 2 cups leafy salad greens, or 1 cup 100% vegetable juice)	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> cups
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	 FRUITS	Select fresh, frozen, canned, and dried fruit more often than juice	2 cups (1 cup is 1 cup raw or cooked fruit, ½ cup dried fruit, or 1 cup 100% fruit juice)	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> cups
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	 DAIRY	Include fat-free and low-fat dairy foods every day	3 cups (1 cup is 1 cup milk, yogurt, or fortified soy beverage; 1½ ounces natural cheese; or 2 ounces processed cheese)	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> cups
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	 PROTEIN FOODS	Aim for variety—choose seafood, lean meat & poultry, beans, peas, nuts, and seeds each week	6 ounce equivalents (1 ounce equivalent is 1 ounce lean meat, poultry, or seafood; 1 egg; 1 Tbsp peanut butter; ¼ cup cooked beans or peas; or ½ ounce nuts or seeds)	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> ounce equivalents
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	 PHYSICAL ACTIVITY	Be active every day. Choose activities that you like and fit into your life.	Be physically active for at least 150 minutes each week.	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> minutes

How did you do today? ☐ Great ☐ So-So ☐ Not so Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____